

# Summer Football Workouts, Varsity & JV

## June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 <i>2-4 PM</i> <i>Weights &amp; Practice</i>	8 <i>2-3 PM</i> <i>Practice</i>	9 <i>2-4 PM</i> <i>Weights &amp; Practice</i>	10 <i>2-3 PM</i> <i>Practice</i>	11 <i>2-4 PM</i> <i>Weights &amp; Practice</i>	12
13	14 <i>2-4 PM</i> <i>Weight Test &amp; Practice</i>	15 <i>OFF</i>	16 <i>8-12</i> <i>Weight Test</i>	17 <i>OFF</i>	18 <i>8-12</i> <i>Weight Test</i>	19
20	21 <i>OFF</i>	22 <i>OFF</i>	23 <i>OFF</i>	24 <i>OFF</i>	25 <i>OFF</i>	26
27	28 <i>8-10 Weights</i> <i>10-12 Practice</i>	29 <i>8:30-10</i> <i>Practice</i>	30 <i>8-10 Weights</i> <i>10-12 Practice</i>			

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:30-10 Practice	2 8-10 Weights 10-12 Practice	3
4	5 8-10 Weights 10-12 Practice	6 8:30-10 Practice	7 8-10 Weights 10-12 Practice	8 8:30-10 Practice	9 8-10 Weights 10-12 Practice	10
11	12 <i>OFF</i>	13 <i>OFF</i>	14 <i>OFF</i>	15 <i>OFF</i>	16 <i>OFF</i>	17
18	19 8-10 Weights 10-12 Practice	20 8:30-10 Practice	21 8-10 Weights 10-12 Practice	22 8:30-10 Practice	23 8-10 Weights 10-12 Practice	24
25	26 8-10 Weights 10-12 Practice	27 8:30-10 Practice	28 8-10 Weights 10-12 Practice	29 8:30-10 Practice	30 8-10 Weights 10-12 Practice	31

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8-10 Weights 10-12 Practice	3 TBA	4 8-10 Weights 10-12 Practice	5 TBA	6 8-10 Weights 10-12 Practice	7
8	9 8-10 Weights 10-12 Practice	10 TBA	11 8-10 Weights 10-12 Practice	12 TBA	13 OFF	14
15	16 7-10 AM PM TBA Camp Begins	17 7-10 AM PM TBA	18 7-10 AM PM TBA	19 7-10 AM PM TBA	20 7-10 AM PM TBA	21 7-10 AM PM TBA
22	23 7-10 AM PM TBA	24 7-10 AM PM TBA	25 7-10 AM PM TBA	26 7-10 AM PM TBA	27 7-10 AM PM TBA	28 4-Way Scrimmage 7-10AM
29	30 TBA	31 TBA				